

Maine H1N1 Influenza (“Swine Flu”) Update

Summary of Information and Activities for Wednesday, May 6, 2009, 6 PM

Flu info on the Internet: <http://www.maine.gov/dhhs/boh/swine-flu-2009.shtml>

- **Maine Data:** **4 confirmed case; 6 additional probable cases** are awaiting final confirmation from US CDC.
- **New England Data:** 45 cases have been confirmed in MA, 4 in CT and 2 in NH.
- **National Data:** 642 cases and 2 deaths confirmed by CDC (<http://www.cdc.gov/swineflu/investigation.htm>).
- **International Data:** WHO reports 1,893 cases in 23 countries (<http://www.who.int/csr/don/en/>).

Recent Activity:

Case finding:

- There are 4 confirmed and 6 probable cases in Maine: three adults in Kennebec County, four adults and one youth in York County, one youth in Cumberland County, and one youth in Penobscot County. All are recovering. Cases continue to be investigated by Maine CDC infectious disease epidemiologists. The most recent cases were announced today in a press release from Maine CDC, which can be accessed here: http://www.maine.gov/tools/whatsnew/index.php?topic=DHS+Press+Releases&id=72163&v=cdc_article.

Key messages:

- H1N1 is here in Maine. We all need to stay informed, be prepared, and most importantly practice proper respiratory hygiene, including the following steps:
 - Cover your coughs and sneezes with a tissue or sleeve.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - Try to avoid close contact with sick people.
 - If you get sick, stay home from work or school and limit contact with others to avoid infecting them.
- Because recommendations from U.S. CDC are being updated very frequently, we strongly urge clinicians, school officials, and others to review the most updated guidance before making clinical or closure decisions. US CDC guidance and recommendations can be accessed at this site: <http://www.cdc.gov/h1n1flu/guidance/>.

New Guidance from US CDC:

- US CDC released two new guidance documents related to H1N1, one about laboratory testing and another concerning school closure and exclusion of ill children from school. Both can be accessed on the Maine CDC website (see link at top of page).

Laboratory:

- The Health and Environmental Testing Laboratory (HETL) continues to test specimens submitted by health care providers, with more than 900 tests conducted to date. Please note: *patients seeking test results **must** contact their health care provider*. Patient results are not available through Maine CDC.

General Information

- In addition to the information published on our website, those wanting general information about H1N1 may call our toll-free information line at (888) 257-0990; NexTalk (deaf/hard of hearing): (207) 629-5751. The line will be open until on weekdays from 9am to 5pm.

If you have comments, questions or feedback about this Update, please contact us at (207) 287-6372.